

Sleep Disordered Breathing Teaching Tool



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Respiratory Effort Related Arousal (RERA's) possible

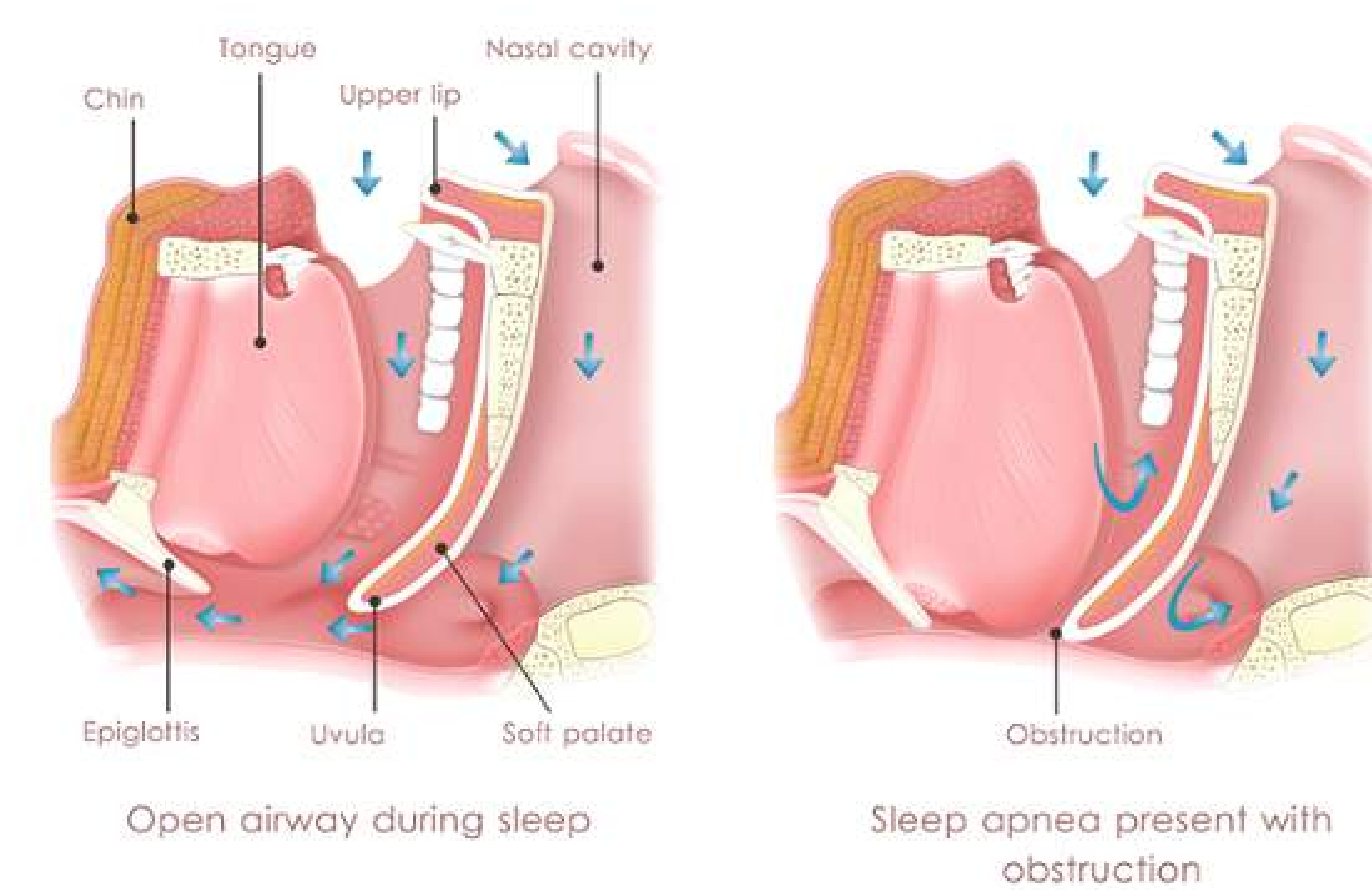
Flow limitation → Soft snore → Moderate snore → Loud snore →

Obstructive Hypopneas ≥ 3% desaturations

May be classified as Upper Airway Resistance Syndrome (UARS)

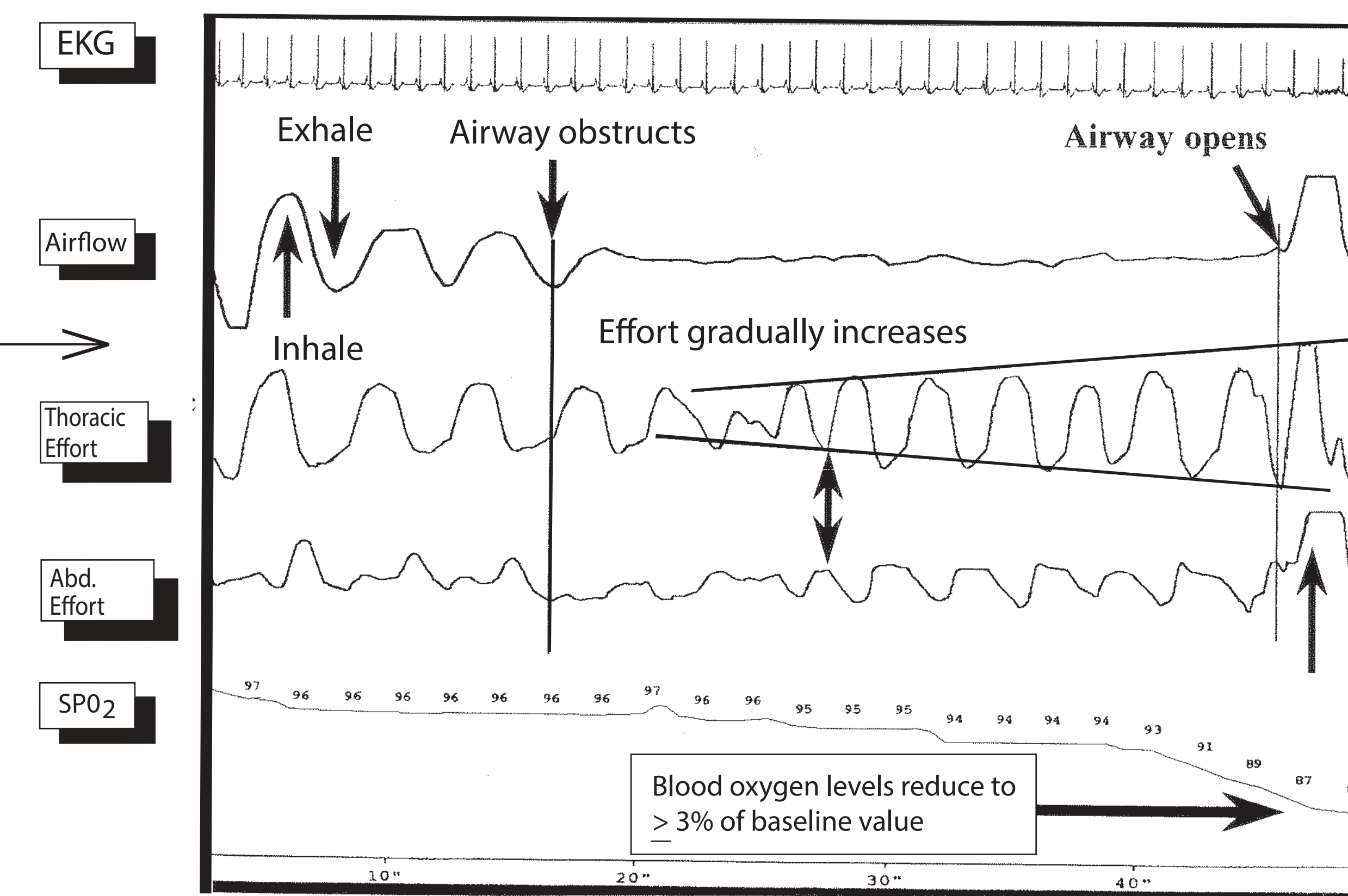
Snoring not necessary
Diagnosis requires a high Degree of Clinical Suspicion

The predominant respiratory event in UARS is RERA. The min # of RERA'S for UARS diagnosis is 10/hr



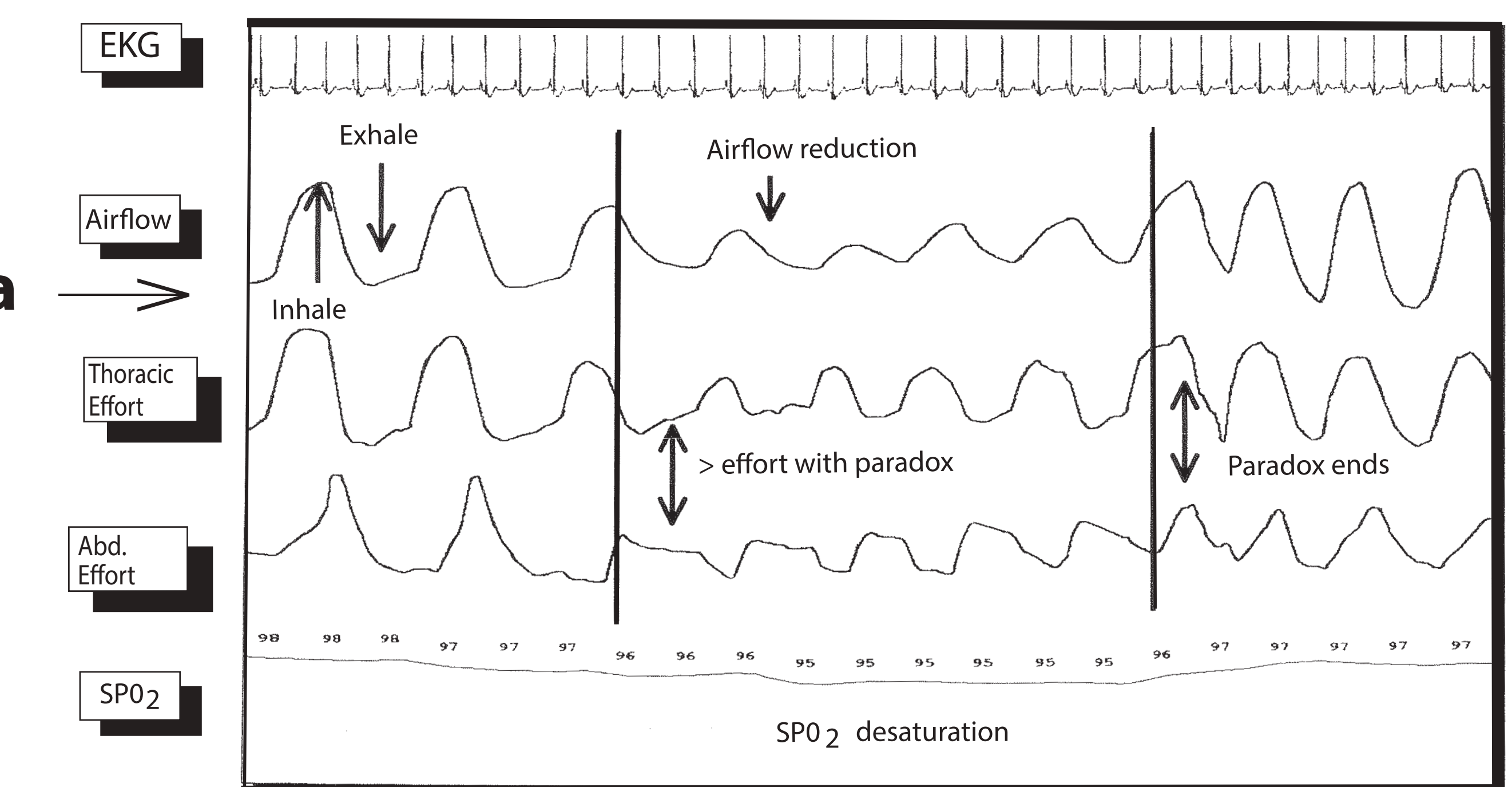
Examples of Event Types

Obstructive Apnea



Obstructive Apnea A complete blockage of the airway despite efforts to breathe. Notice the effort gradually increasing ending in airway opening.

Hypopnea



Hypopnea: This is an 18 second hypopneic event. The airflow signal is reduced by approximately 50% during this event.

High Suspicion of Patients with UARS or RERA activity

- < 40 years
- Female
- Not Obese
- Lower BP/Cold extremities
- Often see Allergic Rhinitis
- Alpha - Delta sleep pattern
- More likely to have Chronic Insomnia

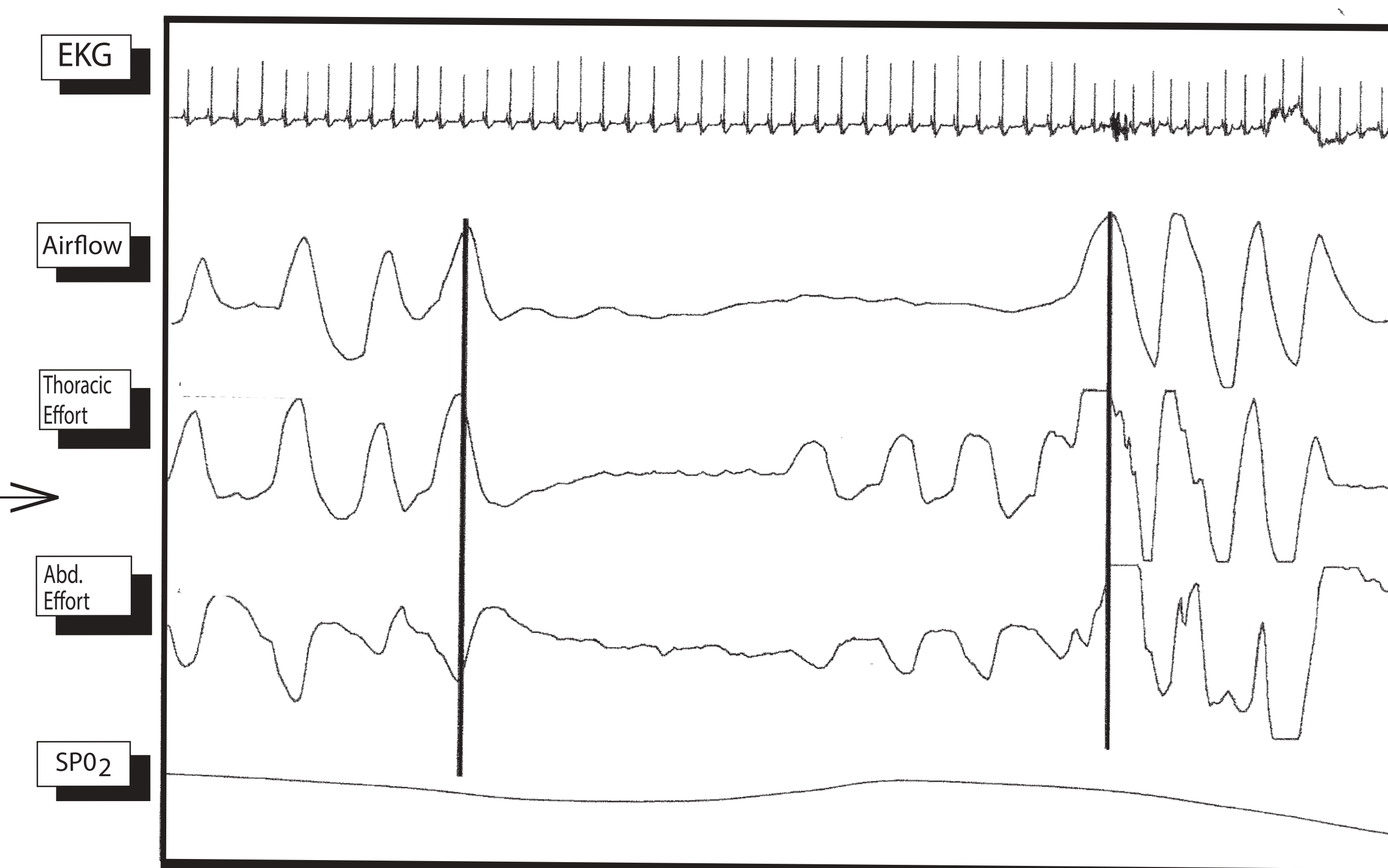
Ares Device better choice for these patients so we can detect RERA activity.

High probability of Severe OSA

- > 40 years
- Male
- Obese

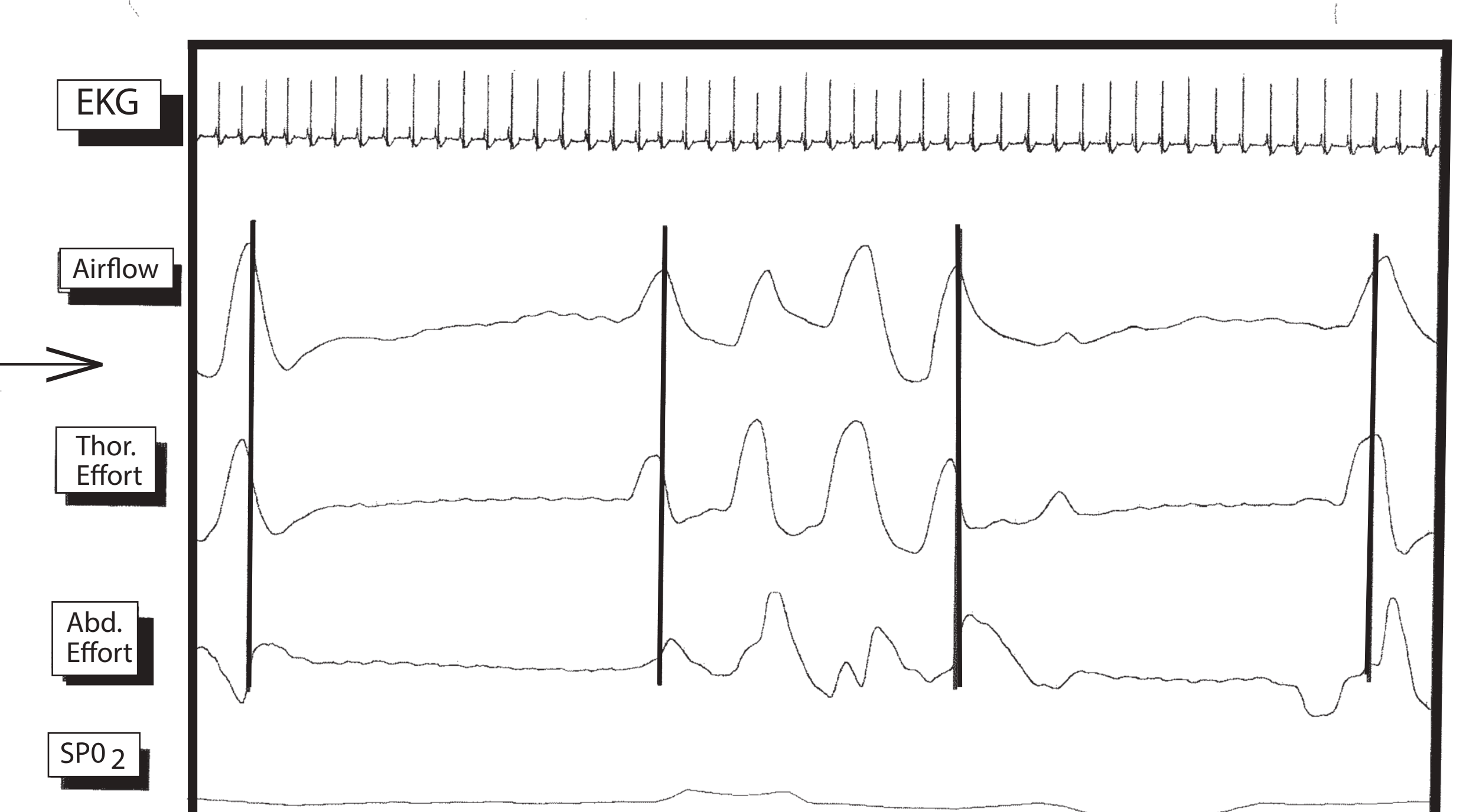
Better Testing Device for these Pts is **Apnealink**

Mixed



Mixed Apnea Episodes of Central Apnea that last 10 seconds

Central Apnea



Central Apnea: These are central apneas (2) with minimal oxygen desaturation. Notice the low SpO2 at the beginning of this tracing. This is associated with a previous apnea. Both of these events between 13-16 seconds in duration.

Ask these 4 questions to assess your patient for Sleep Apnea:

1. Has your snoring / breathing at night bothered others or yourself?
2. Do you feel excessively tired during the day or fall asleep easily?
3. Do you ever wake up choking or gasping or been told that you stop breathing while asleep?
4. Does the patient have a history of hypertension, diabetes, stroke, or recent MI? Are they post-menopausal?

Two or More "Yes" Responses

No

Refer for Sleep Apnea Screening

Provide Regular Care



CPAP Therapy



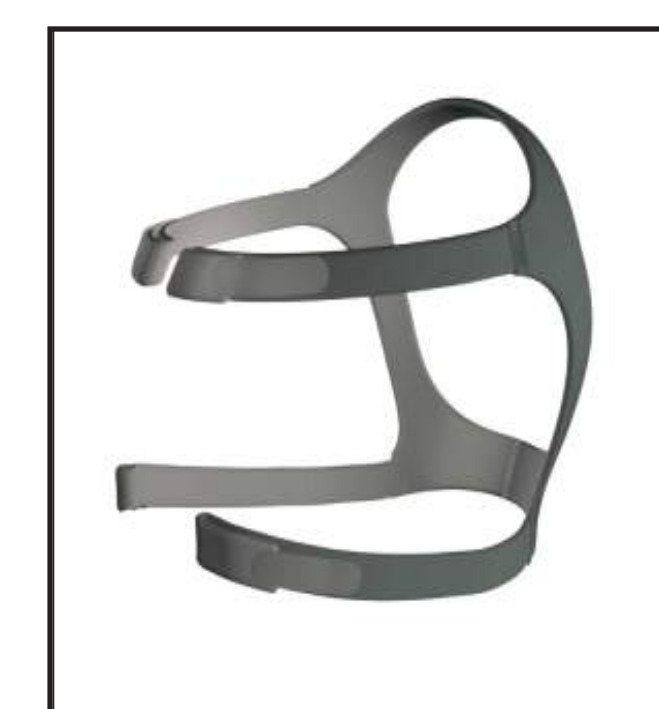
CPAP Hose



Humidifier Chamber



Nasal Mask

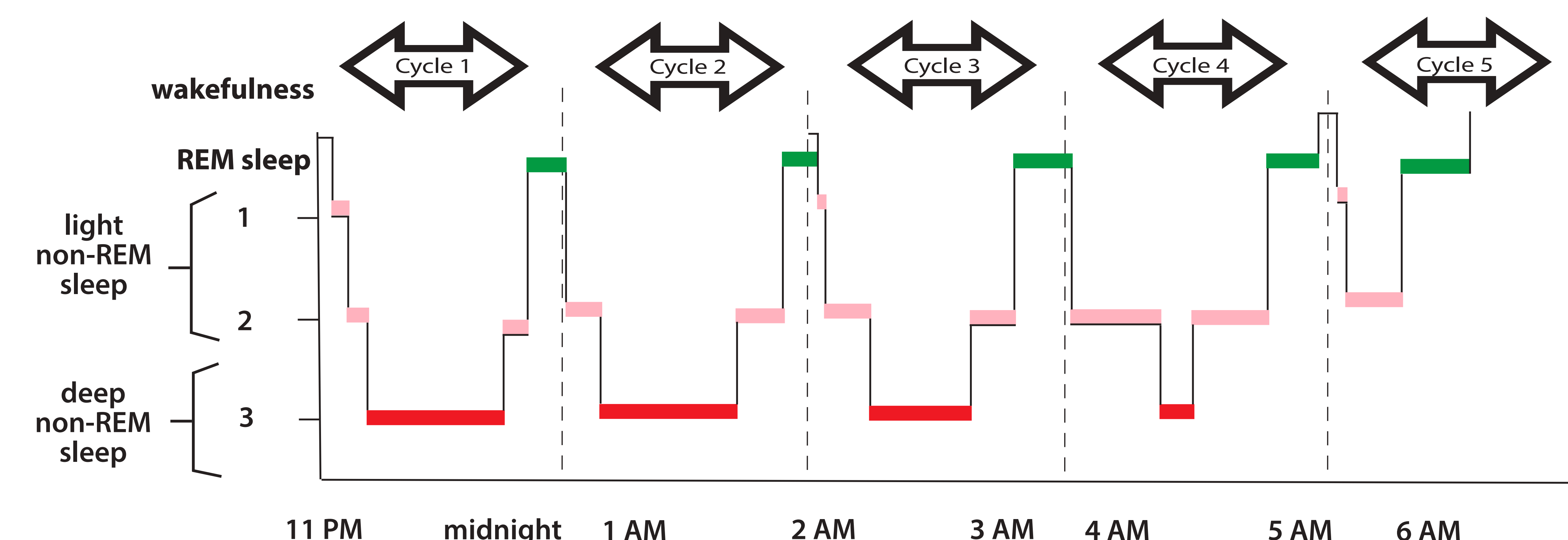


Head Gear



Chin Strap

Hypnogram



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